



Cook Medical Beat the Heat 2026 Charity Partner Program Announcement

Twin City Track Club is delighted to announce the selection of designated Cook Medical Beat the Heat Charity Partners for 2026.

- Ainsley's Angels in the Triad
- Community Care Clinic

The Charity Partner program is a way to further support our mission to promote fitness and health, and improve the quality of life for individuals and families. A significant portion of the event proceeds will go to each of these non-profit charities. Race participants and other supporters can contribute directly to Charity Partners at the event website, further increasing the charitable contributions. Since 2016, Beat the Heat has raised more than \$68,000 for Charity Partners.

[Ainsley's Angels in the Triad](#), part of the Ainsley's Angels of America family, believes in fitness, health, quality of life, and inclusion for all. Our mission is to ensure everyone has access to endurance events and active lifestyles through Inclusion Without Limits. We exist to remove barriers to participation so individuals with disabilities and their families can experience the physical, emotional, and social benefits of movement alongside their community.

[Community Care Clinic](#) (CCC)'s mission is to provide compassionate, high-quality healthcare services to uninsured and underserved individuals in our community. The CCC currently serves as a medical home for 2,000 uninsured individuals living in Forsyth, Davie, and Stokes counties with family incomes within 250% of the Federal Poverty Level. The CCC provides free medical, dental, vision, and behavioral health services to 2,000 patients who would otherwise go without. CCC patients receive comprehensive care that addresses immediate needs and long-term health, from chronic disease management to preventive screenings.

Beginning this year, we are going to provide an opportunity for additional charities to become fundraising Charity Partners. This is an opportunity for other nonprofits to have race participants sign up as fundraisers to raise funds to support their cause. We will be announcing more information about this soon.

Presented by the Twin City Track Club, Inc. (TCTC), the Cook Medical Beat the Heat 5K has been a popular midsummer running event for more than twenty-five years. The purpose of the Beat the Heat 5K is to promote fitness and health, and improve the quality of life for individuals and families. The 2026 race will occur on July 18, beginning and ending at the Winston-Salem Fairgrounds.

Donors may contribute directly to the Charity Partners at:

<https://runsignup.com/Race/Donate/NC/WinstonSalem/BeattheHeat5K>

For more information, go the race website at www.bth5k.org or contact the race director at beattheheat@twincitytc.org.

2/4/2026

